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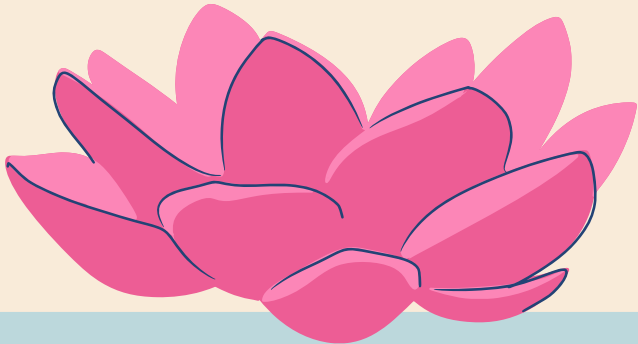


Emotional intelligence and mindfulness matter in everyday life, especially when balancing work, study, family, and stress.
Learning how to understand my emotions and manage them calmly helps me stay focused, make better decisions, and cope with pressure in a healthier way. This poster shows how EI develops, how I manage my own emotions as a student, and what helps me succeed even with a busy life.



1. How can someone develop emotional intelligence?

People develop emotional intelligence by learning to understand their **own** emotions before trying to handle other people's. Goleman (2020) explains that self-awareness is the core of EI. Mindfulness supports this by helping us slow down and notice what is happening inside us instead of reacting on autopilot (Pickert, 2014). Langer (2014) adds that mindfulness is simply paying attention to the present moment, which improves emotional control.



2. How I control my emotions and develop mindfulness as a student?

Because I work full-time, study on weekends, look after my baby, and sometimes stay up late baking for extra income, stress can build up quickly.

- Listening to music when tension builds
- Eating something small when I feel physically overwhelmed
- Talking to someone so emotions don't pile up inside me
- Taking short breathing breaks before studying
- Stepping back mentally when emotions rise, giving myself a moment to reset.

These small habits keep me mindful and prevent stress from getting to a breaking point. Singh (2006) notes that controlling emotions is not about holding them in, but about managing them in healthier ways.



Factors that help me succeed in my studies & actions

Managing studies alongside work and parenting means I need to be organised emotionally and practically. A few things help:

- Time management: I plan the tasks with deadlines or the most importance first, and leave less important things for last. This helps me avoid the stress of running out of time.
- Mindfulness during stressful moments to calm down before continuing (Pickert, 2014).
- Talking openly about stress instead of carrying it alone.
- Allowing myself rest so I don't burn out.
- Avoiding perfectionism, because my schedule is already demanding.

To handle emotional intelligence challenges, I focus on pausing, planning, asking for help when I need it, and creating small moments of calm even on my busiest days. (Goleman, 2020; Singh, 2006).